

URINE-BASED SCREENING FOR SEXUALLY TRANSMITTED DISEASES

Background. Job Corps requires the screening of both female and male entrants for asymptomatic infection with Chlamydia and gonorrhea. Prompt detection and treatment of these STDs are needed to reduce further transmission and prevent potential complications such as infertility. Female screening for Chlamydial infection is conducted by obtaining an endocervical specimen at the time of pelvic examination. Male screening for Chlamydial infection is conducted by obtaining a “first catch” urine specimen at the time of biochemical testing at entry. Both specimens are sent to the nationally contracted laboratory for Chlamydia testing. Female screening for gonococcal infection is conducted by obtaining an endocervical specimen at the time of pelvic examination. Urine-based STD screening is also an option for female students whose pelvic examination is waived or for follow-up after STD treatment. Male screening for gonococcal infection is conducted by testing the “first catch” urine specimen for leukocyte esterase testing at entry. This is the same urine specimen that will be sent to the nationally contracted laboratory for Chlamydia testing. Only males whose urine specimens test positive for leukocyte esterase require further evaluation for gonorrhea. Specimens for gonorrhea testing are sent to public health departments, local laboratories or the nationally contracted laboratory, for gonorrhea testing at center expense. Regional health consultants have noted during center visits that many centers are not following appropriate protocols for obtaining urine specimens and testing for leukocyte esterase.

Urine Specimen Collection. Female students should be instructed to collect the first 10 cc of urine voided into a specimen cup without cleaning the external genitalia. Note that this differs from the clean-catch mid-stream urine specimen required for evaluation of urinary tract infection in females. Male students should be given a plastic 10 cc urine centrifuge tube and a urine collection cup. Male students should be instructed to fill the tube with the first 10 cc of urine and fill the specimen cup with the remainder of the urine for biochemical testing.

Leukocyte Esterase Testing. First catch urine specimens from males should be promptly tested by dipstick for leukocyte esterase. Health staff should refer to instructions on the bottle of dipsticks to determine the precise amount of time required before recording the result. Any reaction indicating the presence of leukocyte esterase, including trace and 1+, is considered a positive result requiring further evaluation.

Treatment. Center health staff should follow the most recent Centers for Disease Control and Prevention treatment guidelines for sexually transmitted disease, available at <http://www.cdc.gov/std/treatment/>.